

October – November – December 2009

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Please note: Westport residents will receive priority in all classes that have space limitations. Refunds will be granted for up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072. All requests will be kept confidential. ***Registration for all classes will begin on Monday, September 14, 2009 at 8:30 a.m. Numbers will be distributed to assure a fair and orderly registration process. Please complete the registration form on the back page to help expedite the registration process.***

Municipal Agent to Visit Center

Maybeth Wirz, from the Department of Human Services, will visit the Center on Friday, October 23, Wednesday, November 18 and Thursday, December 10 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Maybeth at 341-1072 or by emailing her at: mwirz@westportct.gov.

Center's Phone Directory

Main Number 341-5099 (with answering machine after-hours)

Susan Pfister, Director

341-5098

Joan Upchurch, Meal Program

Coordinator

341-5097

Lisa Marriott, Program Assistant

341-5096

Janet Suchsland, Secretary

341-5095

Benjamin Palmer, Receptionist

341-5099

Help us to Go Green and Save

Paper! Please email

jsuchsland@westportct.gov to have your name added to our weekly list reminding you of upcoming events at the Center. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

Center's Hours:

Monday	8:30 – 4:30 p.m.
Tuesday	8:30 – 4:30 p.m.
Wednesday	8:30 – 4:30 p.m.
Thursday	8:30 – 8:00 p.m.
Friday	8:30 – 4:30 p.m.
Saturday	8:30 – 12:30 p.m.

Creative Arts/Crafts

October, November, December 2009

Beading, Jewelry or Stained Glass Instruction

Learn how to make beautiful necklaces, bracelets, pins and decorative items. Learn about the different types of glass, how to cut, copper foil, solder, frame and grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis
Friday, Oct. 2 – Dec. 18 (no class 11/27)

11 Classes = \$33.00

Time: 10:00 – Noon

Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners: Monday, Oct. 5 – Dec. 28 (no class 10/12)

12 classes = \$36.00

Time: 10:00 – Noon

Intermediate:

Tuesday, Oct. 6 – Dec. 29

13 classes = \$39.00

Time: 10:00 – Noon

Beyond One-Stroke Painting

You'll be using techniques to paint, on items we provide, for enjoying your everyday life.

Hand-painted designs will include glass, wood, fabric, metal and canvas. Additional services are allowed at the teacher's discretion. Supplies will be provided.

Instructor: Darraugh Cianfichi
Thursday, Oct. 1 – Dec. 17 (no class 11/26)

11 classes = \$44.00

Time: 4:30 – 6:30 p.m.

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other as we sketch and paint.

Facilitator: Vicki Forest

Wednesday, Oct. 7 – Dec. 30

(no class 11/11)

Cost: \$5.00 /class

Time: 9:00 – Noon

Joy of Painting I

Learning techniques:

watercolor, botanicals, acrylic, pastel, pencil and charcoal.

Beginners are welcome.

Instructor: Barbara Lawless

Thursday, Oct. 1 – Dec. 17 (no class 11/26)

11 classes = \$33.00

Time: 10:00 – Noon

Joy of Painting II

Learning skills:

perspective,

composition,

negative/positive space, color and values.

Instructor: Barbara Lawless

Thursday, Oct. 1 – Dec. 17 (no class 11/26)

11 classes = \$33.00

Time: 1:00 – 3:00 p.m.

Sculpture Instruction

For beginners & experienced.

You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and

either painted or glazed.

Instructor: Tom Scippa.

Monday, Oct. 5 – Dec. 28 (no class 10/12)

12 classes = \$36.00

Time: 1:00 – 3:00 p.m.

Drawing, Sketching, Painting for Everyone

Explore and experience different techniques and approaches to drawing. You will learn quick sketches, detailed renderings, drawings that are fantastical and imaginary, as well as realistic representations. Fun, freedom and fundamentals will be reviewed in every class.

Instructor: Mercedes Arensberg

Thursday, Oct. 1, 8, 15

3 classes = \$9.00

Time: 5:30 – 7:30 p.m.

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish. Free!

Date: Every Wednesday

Time: 1:00 – 3:00 p.m.

Drama

Join this fun class directed by

Jill Jaysen. Come and read

plays and show off your talent!

No experience necessary.

Everyone is made to feel like a superstar!

Thursday, Oct. 1 – Dec. 17

(no class 11/26) 11 classes

Cost: \$16.50

Time: 1:00 – 2:30 p.m.



Creative Arts/Crafts

October, November, December 2009

6th Annual Photographic Exhibition

The Y's Men/Center's 6th Annual Photographic Exhibition will be held from October 30, 2009 – January 8, 2010. The opening gala celebration will take place on Friday, October 30th from 4:00 – 6:00 p.m. with First Selectman Gordon Joseloff of Westport and First Selectman Woody Bliss of Weston presenting awards. If you are interested in participating in the contest kindly see Ben at the front desk for an application.



Terrace Farming

(The 1st place photo from last year's exhibit by Larry Untermeyer)

Floral and Boxwood Arrangement Workshops

Patty Angione returns to conduct four holiday decorating workshops:



- Friday, Oct. 23rd – Fall Arrangement
- Monday, Nov. 23rd – Thanksgiving Arrangement
- Friday, Dec. 11th – Boxwood Tree
- Friday, December 18th – Boxwood Wreath

Time: 1:00 – 3:00 p.m.

Cost: \$15.00/class

Limit 10 persons

Please pick up a supply list from the front desk when you register.

Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience.

This event is being co-sponsored by the Friends of the Westport Center for Senior Activities.

Instructor: Randy Brody

Date: Tuesday, October 6

Time: 2:00 – 3:00 p.m.

Cost: Free!

Memories of Hardie Gramatky, Famous Artist from Westport

Hardie

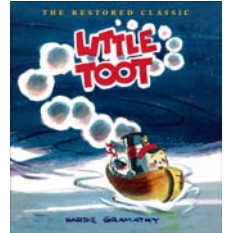
Gramatky was known world-wide as an artist and a

children's book author-illustrator. His daughter, Linda Gramatky-Smith will show a DVD of her father drawing Little Toot and tell stories about the original Moran tugboat that inspired this classic story. Linda will share a CD of many paintings of Westport scenes that he captured in watercolor, some that are now giclee prints. For the month of September, the bulletin board at the Center will tell the story of Gramatky's life and creativity.

Date: Friday, October 2

Time: 10:30 – Noon

Cost: Free!



Do you Have a Talent you Would Like to Share on the Center's Bulletin Board?

We're looking for you to show off your photos, pictures, drawings, paintings, poems, completed crossword puzzles, etc. Please see Ben or Jean Handy at the Center if you'd like a month to be assigned to you. Come share your talent with your friends at the Center.

Painting is just another way of keeping a diary

Pablo Picasso

Culinary/Socials

October, November, December 2009

Culinary Classes

Chef Bob LaBrusciano:

- Saturday, October 24th
Winter Soups – Traditional
Beef Barley Soup & Veal
Stew
- Saturday, November 7th
Holiday Turkey Dinner in
Half the Time
- Saturday, December 19th
Holiday Side Dishes

Registration is limited to the first 9
persons. Cost: \$6.00/class.

Time: 10:00 – Noon

Saturday Socials

- October 17– Luncheon and
music by The Frank Porto
Band. Lunch will be
served at 12:30 p.m.
Cost: \$6.00 per person
- November 14– Luncheon
and music by Bob
Lasprogato and Uptown
Jazz as they present:
“Tunes from the Great
American Songbook.”
Lunch will be served
at 12:30 p.m.
Cost: \$6.00 per person
- December 12 –
Westport/Weston Family
Y’s “Showtime” Gymnasts
perform a holiday show.
The “Harbor Blues” from
Greens Farms Academy
follow with a holiday
concert. The afternoon will
conclude with refreshments.
Cost: Free!
Time: 12:30 – 3:00 p.m.

Pre-registration and payment are
required for all socials.

Thursday Evening at the Movies with Supper



This semester features a look back
at some favorite older films. These
movies will be shown on the
Center’s large screen in the media
room. Nutritious sandwiches,
dessert and beverages will be
offered for supper at 5:30 p.m. The
movie will start at 6:00 p.m.

- October 22 – “Terms of
Endearment”
- November 19 – “All About
Bob”
- December 17 – “Twelve
Angry Men”

Cost: \$6.00 per person

Pre-registration and payment
required!

Nutrition Education Class

Nancy Feriello, M.S., R.D., CD-N
from the Senior Nutrition Program
of Catholic Charities will present
the following educational program
at the Center:

- Thursday, November 12
Food Safety: A Need to
Know Guide. Learn how
to make safe food handling
a life long commitment to
minimize your risk of food
borne illness.

Time: 10:45 – 11:45 a.m.

Cost: Free!

Saturday Brunch Buffets are Back!

Come and enjoy a delicious brunch
prepared by Chef Bob

LaBrusciano

featuring:
scrambled
and

western-

style eggs,
home fries, smoked salmon,
sausage, bacon, fresh fruit cocktail,
French toast, muffins, coffee, tea
and orange juice.

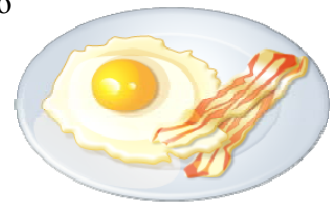
Date: October 31 and

November 21

Time: 10:00 - Noon

Cost: \$7.00 per person

Pre-registration and payment are
required.



Hold the Date!

3rd Annual Prime Rib Night
Thursday, December 10th
5:00 – 7:00 p.m.

Foreign Languages and Games

October, November, December 2009

LANGUAGES

Beginner's Spanish

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversational skills.

Instructor: Monica Sosa

Monday, Oct. 5 – Dec. 28

(no class 10/12)

12 classes = \$36.00

Time: 11:30 – 12:30 p.m.

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills.

Instructor: Monica Sosa

Monday, Oct. 5 – Dec. 28

(no class 10/12)

12 classes = \$36.00

Time: 10:00 – 11:30 a.m.

Beg./Inter. French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.

Wednesday, Oct. 7 – Dec. 30 (no class 11/11)

12 classes = \$36.00

Time: 1:00 – 2:30 p.m.

Conversational French

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

Instructor: Nell Mednick

Wednesday, Oct. 7 – Dec. 30 (no class 11/11)

12 classes = \$36.00

Time: 10:30 – Noon

GAMES

Recreational Bridge

Date: Every

Monday

Time: 10:00 –

11:30 a.m. and

from 1:15 – 4:15 p.m.

Cost: Free!

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal

Monday, Oct. 5 – Dec. 28

(no class 10/12)

12 classes = \$36.00

Time: 10:00 – 11:45 a.m.

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room.

You'll have loads of fun!



Please Note... Scrabble, cards, puzzles, chess, crossword puzzles and the pool table are always available in the Game Room for your enjoyment. Feel free to use them!

Bingo

Come and play different types of Bingo games called by the one and only Dana Johnson. You'll have fun and maybe even go home a winner! Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Mah-Jongg is offered every Thursday from 1:00 – 3:00 p.m.

Cost: Free

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the Center at 341-5099 for your time slot.

Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Inclement Weather

If the schools are closed due to inclement weather, the Center will be closed too. If the schools are delayed, the Center will be open on a regular schedule. Tune into 1350 (AM), 1400 (AM), 96.7 (FM), 108 (FM), News 12, Channel 13 or www.westportnow.com.

Lectures/Wellness

October, November, December 2009

Channe Fodeman, MSW

- Monday, October 5:
The Power of Optimism
- Monday, November 9:
An Attitude of Gratitude
- Monday, December 7:
A Gift that Keeps Giving...Friendship

Lectures are offered free of charge with interactive participation and discussion encouraged. All are welcome!
Time: 1:15 – 2:30 p.m.

Let's Talk - Free!

Lauren Smith, MFT from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment. Free!

Tuesday, Oct. 6 – Dec. 29

Time: 1:00 – 2:00 p.m.

Westport Public Library

Update: What's New?

A reference librarian from the Westport Public Library will visit and share the "happenings" at the library. New calendars and schedules from the library will be distributed.

Tuesday October 6, November 17, December 8

Time: 10:30 a.m.

Parkinson's Support

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Family and caregivers are welcome. Cost: Free!

Wednesday, October 28,
November 25, December 23

Time: 10:00 – Noon

Blood Pressure Screening

Nursing & Home Care will offer a free blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 9:30 – 11:30 a.m.
Tuesday, October 27, November 24, December 22.

Friday, October 9, November 13, December 11.

Smiling Seniors Group

Come enjoy a fun bunch of single seniors! The group will meet on the last Thursday of the month.

Date: October 29

Time: 6:30 – 8:00 p.m.

Facilitator: Stacy Enyeart

Westport Police

Department's Detective

John Rocke to Visit

Detective Rocke will visit on Friday October 16, November 20, December 18 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have.

Current Events – Free!

Facilitator Al Balas leads a dynamic, interactive discussion every Tuesday from 10:30 – 11:45 a.m. on issues throughout the world and on happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere.

Safe Driver's Class

This eight-hour course will review trends and safety tips pertinent to older drivers. An officer from the Westport Police Department will make a guest appearance. Please note: You must attend both classes to receive your certificate.

Date: Friday, October 16 & 23

Time: 1:00 – 5:00 p.m.

Cost: \$12.00 AARP member
\$14.00 non-AARP member

Pre-registration and payment required.

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality.

Date: 2nd and 4th Thursday:

Oct. 8, 22, Nov. 12, Dec. 10

Time: 7:00 – 8:30 p.m.

Cost: Free! Registration required.

Just for Women

This women's group will be an open forum for discussion, guest speakers will be invited, and on occasion a film relevant to women will be shown.

Facilitator: Mildred Bunche, LPC

Thursday, Oct. 1 – Dec. 17 (no class on 11/26)

Time: 3:00 – 4:30 p.m.

Cost: Free!

Registration required.

"Magical Moments"

- Saturday, October 24 –
"Royalty"– How Hollywood Treated Royalty in the Movies"
- Saturday, November 7 -
"Dubious Biographies – How Biographies were Embellished in the Movies"
- Saturday, December 19–
"All About Women"

Mr. Byron Matthews, a lecturer from the Lifetime Learners Institute, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.

Time: 10:30 – Noon Free!

Falling.... Could It Happen to Me? Free!

Falls are the leading cause of accidental injury among CT residents age 55 and older. There are characteristics of the body and environment that increase the chance of an older person falling. Come and learn your risk factors and more importantly, learn how to reduce them. Presenter, Debra Spross, PT, MS has received training from the CT

Collaboration for Fall Prevention.

Date: Thursday, October 15

Time: 2:30 – 4:30 p.m.

American History Lectures

- Saturday, October 3 – “WPA/FAP Art – Depression Era Murals in CT’s Public Buildings”
- Saturday, November 21 – “Valor and Compassion, Women in the Civil War
- Saturday, December 5 – “Wish You Were Here, A Century of Post Card Travels”

Facilitator: Photographer and American Historian, Bob Berthelson

Time: 10:30 – Noon

Free! Pre- registration required.

UNDERSTANDING

ISLAM – Free!

You will explore the basic tenets or “pillars” of Islam, the faith of approximately 1.3 billion Muslims around the world.

Facilitator: Stuart Losen Ph.D.

Wednesday, Oct. 7 – Nov. 18 (no class 11/11)

Time: 10:00 – 11:30 a.m.

Registration required.

Staying Safe and Independent in Your Home for as Long as Possible

Lea Mintz from the Family and Children’s Agency (FCA) will share ideas, safety tips and adaptable equipment so your home is safe and comfortable. Lea will also distribute Lifeline coupons for free installation as well as two months free service.

Date: Wednesday, October 7

Time: 1:15 – 2:15 p.m.

Cost: Free! Registration required.

“Rochambeau in Connecticut” – Free!

This presentation is about Count de Rochambeau, “the other founding father,” and the fascinating story of how he and his French troops marched through CT to meet up with George Washington and achieve victory at Yorktown, Virginia, thus winning the Revolutionary War.

Facilitator: Professor John Savage

Date: Friday, October 30

Time: 1:15 – 2:15 p.m.

Pre-registration required.

Aesthetic Realism

Foundation Presents:

Our Most Urgent Need Is to Like the World – We Begin with Objects! Free!

Anne Fielding and Jeffrey Carduner will present this fascinating lecture based on the philosophy founded by Eli Siegel. This workshop will demonstrate how using ordinary objects such as bright red tomatoes will help you view the day and world in a different way.

Date: Friday, October 23

Time: 10:30 – Noon

“A Psychosocial Referral of Scarlett O’Hara” Free!

Certain literary figures seem to be suitable for psychiatric intervention. Scarlett O’Hara, the

heroine in *Gone with the Wind*, seems especially needy of clinical support. Shelly Berman, LCSW, DCSW, invites you to join her on a journey back to 1872 as Ms. O’Hara is referred to a social worker for supportive intervention. Please come ready to offer your opinion and insights and be sure to bring your sensitivity and sense of humor.

Date: Friday, November 13

Time: 1:00 – 2:00 p.m.

Shelly Berman is the Community Relations Coordinator at the Jewish Home for the Elderly.

“50 Diabetes Myths that Can Ruin Your Life: And the 50 Diabetes Truths that Can Save It!

In recognition of November, being Diabetes Month, “patient-expert” Riva Greenberg will speak on the misconceptions, truths and advise people with diabetes on how they can take better care of themselves. Riva has lived with diabetes for 30-plus years and has substantially contributed to the patient literature. Riva views living with diabetes as a stimulus to create greater health and a more joyful life.

Date: Tuesday, November 10

Time: 10:30 – 11:30 a.m.

Cost: Free!

The Best of Times are Now.... Meditation as Medication

Through lecture, discussion, sharing, group support, learning mind-body skills of meditation, relaxation, stress reduction and attitudinal healing perspectives... the class will focus on learning to live life in the present moment... finding joy, peace, happiness and serenity in the midst of daily life’s inevitable ups and downs.

Instructor: Paul Epstein, ND

Dates: Thurs., Oct. 1 – Nov. 19

Time: 11:00 – Noon

Cost: Free!

Exercise/Dance

October, November, December 2009

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris.
Monday, Wednesday and Friday
from 8:45 – 9:45 a.m.

Monday, Oct. 5 – Dec. 28 (no class 10/12) 12 classes = \$36.00

Wednesday, Oct. 7 – Dec. 30
12 classes = \$36.00

Friday, Oct. 2 – Dec. 18 (no class 11/27) 11 classes = \$33.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Melanie J. VanVliet
Saturday, Oct. 3 – Dec. 26
Time: 8:45 – 9:45 a.m.
13 classes = \$52.00

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Melanie J. VanVliet
Saturday, Oct. 3 – Dec. 26
Time: 11:15 – 12:15 p.m.
13 classes = \$52.00

Yogalates

A fusion of Yoga and Pilates. Learn Yogic principles to improve range of motion integrated with the core strengthening techniques of Pilates, ending with a restorative guided meditation and relaxation.

Instructor: Melanie J. VanVliet
Saturday, Oct. 3 – Dec. 26
Time: 10:00 – 11:00 a.m.
13 classes = \$52.00

Beginner's Qigong

Beginner level medical Qigong utilizing mindful stretching

movement with breathing and visualization. Energy exercises for strengthening and detoxification healing. Sounds and movements are performed to help purge negative emotions such as anger, fear, grief, worry and anxiety.

Instructor: Elieth Harris
Tuesday, Oct. 6 – Dec. 29
Time: 8:40 – 9:40 a.m.
12 classes = \$48.00

Qigong - Intermediate

This class is for anyone interested in using medical Qigong therapy to prevent and help manage illness. It involves Qigong walking therapy and special, more powerful healing sounds. Strength, vitality and longevity can be achieved through the practice of medical Qigong.

Instructor: Elieth Harris
Wednesday, Oct. 7 – Dec. 30
Time: 1:00 – 2:00 p.m.
12 classes = \$48.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin
Tuesday, Oct. 6 – Dec. 29
Time: 9:00 – 10:00 a.m.
13 classes = \$52.00

Wednesday, (Beginners) Oct. 7 – Dec. 30

Time: 9:30 – 10:30 a.m.
12 classes = \$48.00

Thursday, Oct. 1 – Dec. 17 (no class 11/26)

Time: 11:00 - Noon
11 Classes = \$44.00

Thurs. (Inter.) Oct. 1 – Dec. 17 (no class 11/26)

Time: 5:00 – 6:00 p.m.
11 classes = \$44.00

Strength Training

Emphasis on hand weights and

exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk.
Monday, Oct. 5 – Dec. 28 (no class 10/12) Time: 1:00 – 2:00 p.m.
12 classes = \$36.00

Ballroom & Latin Dance Aerobics

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor: Ian Stavola
Tuesday, Oct. 6 – Dec. 29
Time: 1:00 – 2:00 p.m.
13 classes \$39.00

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman.
Tuesday, Oct. 6 – Dec. 29
Time: 9:45– 10:30 a.m.
13 classes = \$19.50

Thursday, Oct. 1 – Dec. 17
(no class 11/26)
11 classes = \$16.50

Dance & Stretch

Instructor S andy Ada mczyk will teach you smooth moves while you stretch your muscles and swing your hips all to the sound of soothing music.

Wednesday, Oct. 7 – Dec. 30
Time: 1:00 – 2:00 p.m.
12 classes = \$36.00

Beyond the Basics

This class is a continuation of Beginning Strength Training. Each participant will receive a personalized exercise program using machines, free weights, bars and balls, to improve strength and endurance, protect joints, increase bone density and reduce body fat.

This class is recommended twice a week.

Prerequisite: Must have completed at least one semester-long fitness class in the fitness center.

Instructor: Ilene Boyar, CFT, EMT, AFAA.

Monday Oct. 5 – Dec. 28

(no class 10/12)

Time: 2:00 – 3:00

12 classes = \$48.00

Tuesday Oct. 6 – Dec. 29

Time: 2:00 – 3:00 p.m.

13 classes = \$52.00

Wednesday Oct. 7 – Dec. 30

Time: 2:00 – 3:00 **or** 3:30 – 4:30

12 classes = \$48.00

Thursday Oct. 1 – Dec. 17

(no class 11/26)

Time: 2:00 – 3:00 **or** 5:00 – 6:00

11 classes = \$44.00

Saturday Oct. 3 – Dec. 26

Time: 10:30 – 11:30 a.m.

13 classes = \$52.00

Fitness Center

A fully equipped work-out room in a warm and friendly environment. Certified trainers are ready to assist and guide you during all scheduled classes. To enroll in this program, you must come in and complete the appropriate paperwork as well as an introductory class.

Schedules of classes as well as open gym times are available at the front desk.

Introduction to Exercise!!!

Designed for people with Arthritis, Osteoporosis or who have undergone joint replacement surgery. The fundamentals of exercise including stretching, cardiovascular and strength training will be covered. The class is self paced and is for the beginner level participant.

Instructor: Ilene Boyar

Friday Oct. 2 – Dec. 18

(no class 11/27)

Time: 11:30 – 12:30 p.m.

11 classes = \$44.00

Advanced Core Strength

This class is a continuation of Core Strength. Prerequisite – Must have completed at least one semester-long Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thursday 3:00 – 3:30

Date: Oct. 1 – Dec. 29 (no class

11/26, 12/24)

24 classes = \$48.00

Beginner Strength Training

Class format includes a cardiovascular warm-up, stretching and a personalized strength training program using exercise equipment, free weights, Bars and balls. It is recommended this class be taken twice a week.

Instructor: Ilene Boyar.

Monday 3:30 – 4:30 p.m.

Date: Oct. 5 – Dec. 28

(no class 10/12)

12 classes = \$48.00

Thursday 4:00 – 5:00 p.m.

Date: Oct. 1 – Dec. 17

(no class 11/26)

11 classes = \$44.00

Saturday 9:30 – 10:30 a.m.

Date: Oct. 3 – Dec. 26

13 classes = \$52.00

Jokersercise

Howard Newman combines fitness with fun as he provides seniors with a fitness routine along with his standup comedy show

Date: Friday, October 9

Time: 1:00 – 2:00 p.m.

Cost: Free!

Balance Class

This class is designed to help participants improve their balance and stability in order to decrease their risk of falls and injury.

Instructor: Ilene Boyar.

Tuesday/Thurs. 3:30 – 4:00 p.m.

Date: Oct. 1 – Dec. 29

(no class 11/26, 12/24)

24 classes = \$48.00

Parkinson's Fitness Class

Specifically designed for the Parkinson's Support Group participants. The fitness class will meet every Wednesday from 10:00 – 10:45 a.m. with the exception of the 4th Wednesday of the month when the Parkinson's Support Group will meet with Paul Green. Instructor Ruth Sherman will lead the exercise class through balance, stretch and weight-bearing exercises. This class is offered free of charge, thanks to a grant received from the State of CT.

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday Oct. 7 - Dec. 30

12 classes = \$36.00

Time: Beg. 10:30 – 11:30 a.m.

Inter. 11:00 - Noon

Beginner Core Strength

You'll focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis.

Increased core strength can improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Monday/Wednesday

Date: Oct. 5 – Dec. 30

(no class 10/12, 11/11)

Time: 3:00 – 3:30 p.m.

22 classes = \$48.00

Enjoying Your Computer

Westport Center for Senior Activities
October, November, December 2009

Computers 101

For those of you who are intimidated by the word “technology,” this is *your* class! In addition to an overview, you’ll be working on the computer, learning how to turn it on, use the mouse, and keyboard basics. Other skills learned include email, word processing, and web surfing.

Dates: 10/26, 10/28 1 – 4 pm
11/2 1 – 3 pm

Cost: \$40.00

Internet/Web Classes

Introduction to the Internet

A good place to start for first-time Internet users. Course includes Internet basics, visiting popular websites, searching for information and email.

Date: Nov. 10, 17, 24

Time: 1:30 – 3:30 pm

Cost: \$40.00

More on Searching the Internet

Includes searching tips using Google and other searching websites. Learn to search medical, governmental, encyclopedias and more!

Date: Oct. 19, 26 10 - noon

Cost: \$20.00

Discover Google

Google is more than searching! Discover its many features including shopping, maps, personal calendars, and local services. Have a basic knowledge of the keyboard and Internet. Cost: \$20.00
Date: 10/7 9 – noon

Intro to eBay

This class is a demonstration on how eBay allows us to work as both sellers and buyers. The instructor will show you how to seek out merchandise, determine seller’s reputation and bid successfully. Users will learn how to establish accounts so that you can buy or sell.

Date: 11/18 10-1 pm

Cost: \$20.00



Maintain Your Brain!

Keeping your brain sharp helps physical and mental health. Although we no longer possess the bloom of youth, we can improve our intellectual skills!

Date: 12/2 10 - noon

Cost: \$15.00

Laptop Basics

This class is a perfect follow-up for the computers 101 class if you happen to own a laptop or net-book! This single session will help you to become familiar with it. In addition to the applications it comes with; learn a few basics in hooking up to a wireless connection, charging, storage, etc. Bring your laptop and power cord to class!

This class is designed for those with PCs. The instructor is not familiar with Apple computers.
Dates: 11/4 1- 4 pm
Cost: \$20.00

Social & Business Online

Networking

Discover websites that can help your personal and business life. The sites discussed in this session are more than just for youngsters. This class will discuss the following websites: MySpace, Facebook, LinkedIn, and YouTube. All of these sites are free. Ascertain which sites you’ll find useful.

Date: 11/4 9 – noon

Cost: \$20.00



In this fun-filled class, discover YouTube. Do

research, be entertained, be informed, and learn how to share videos from your camera or videos made on your PC.

Date: 10/21 10 – noon

Cost: \$15.00

Our affordable classes have skilled, patient instructors. Learning experience is pleasurable. Some classes have prerequisites. Handouts are included with each class. Questions? Call 341-5099

Obtaining Medical Information from the Internet

Typing “arthritis” in Google provides 40,000,000 websites! Narrow the search and find accurate sites with useful information.

Additional tips on researching data will also be discussed.

Date: 12/10 9 – noon

Cost: \$20.00

Greeting Card Design with Microsoft Publisher

Just in time for the holidays!

Publisher does more than just greeting cards!

Learn the basics of making unique cards that Hallmark cannot duplicate!



Learn other functions in this fun to use program.

Date: 11/19 9 – noon

Cost: \$20.00

Word – part 1

is the word processing package that allows you to write about anything! Create flyers or posters. Experience with mouse and keyboard is necessary.

Dates: 11/9, 11/13 1 – 4 pm

Cost: \$40.00

Word – part 2

This class is for those who completed last month's class or who are experienced with this program. Learn advanced functions including columns, "desktop publishing", creating styles, tables of contents, etc.

Bring questions to class!

Dates: 12/7, 12/9 1 – 4 pm

Cost: \$40.00

Email



With Yahoo, learn the basics including attachments and address books. Stay in touch!

Date: 11/13 10-noon

Cost: \$15.00

Excel

allows you to do budgeting, create lists, and perform calculations.

Learn how to chart information and other useful functions. Keep your finances organized!

Dates: 11/17,
11/20 9 – noon

Cost: \$40.00

Excel - part 2

Additional functions to develop your proficiency will be taught.

Dates: 12/14, 12/16 1 – 4 pm

Cost: \$40.00

Mail Merge

Need to do some mailings including letters, envelopes or labels for the holidays? Be familiar with Word basics, keyboard, & mouse.

Date: 11/16 1 – 4 pm

Cost: \$20.00

PowerPoint

Learn presentation basics. Work with graphics, templates to make invitations or flyers.

Date: 11/5, 11/12 9 – noon

Cost: \$40.00

Introduction to Digital Photography

This class is for those of you who already have a digital camera.

Each camera's features will be discussed generically. Instructor will work individually with you to demonstrate the basic functions on your camera. Learn basic retouching and cropping techniques on PC. Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)

Dates: 10/20, 22 9 – noon

Cost: \$40.00



Mac or PC?

The skills taught in our classes (on Dell computers) can be used on a Mac.

Working with Scanners

Scan a picture and convert it digitally so that it can be retouched, emailed or stored. Learn how scans can be used in presentations. You can edit the photos at home or in our *advanced* Elements classes.

Bring 12-15 photos to class.

Date: 10/16 10 – 1 pm

Cost: \$20.00

Photo Restoration with Photoshop Elements

If you have photos that you wish to improve by cropping, improving color, removing red-eye, etc., this course is for you! In addition, you'll learn how to fix damaged photos that may have been sitting in the dresser.

Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home. (3 sessions)

Dates: 10/23, 28, 30 9 – noon

Cost: \$60.00

Computer Clinic – FREE!

Why can't I download that file?

This weekly drop in class will assist you with computer dilemmas.

Instructor: Andree Brooks

Fridays, 3:00 – 4:00 pm

Fridays with Frank!

Make an appointment with Frank to have personalized training on almost any PC topic Limit: 2 times per month.

Call 341-5099 to schedule.

Price: \$3/appointment

The Westport Center for Senior Activities

Registration Worksheet

4th

Quarter 2009

Please complete and bring with you when you come to register

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you *please complete this form prior to approaching the front desk to register*. Classes will be filled on a first come first served basis.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

Class Day(s)		Time(s)	Instructor (if available)	Fee
				\$
TOTAL PAYMENT DUE.....				\$

Name: _____ Phone #: _____

Email address: _____

Thank You for your assistance in expediting the registration process!

We wish you all an enjoyable and fulfilling semester of classes, lectures, and workshops.

The Staff of The Westport Center for Senior Activities